

Proclamation

May 2026 as Mental Health Awareness Month

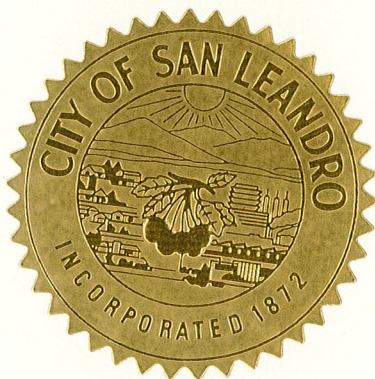
WHEREAS, mental health is essential to our overall health, and the importance of attending to it has become even more pronounced over the last five years; and

WHEREAS, nearly 58 million American adults live with some form of mental illness where they experience anxiety, depression, schizophrenia, bipolar disorder, post-traumatic stress disorder, or others; and

WHEREAS, many people with mental health issues may not know how to access resources for their needs and stigma or fear of discrimination keep many who would benefit from mental health services from seeking help; and

WHEREAS, the City of San Leandro supports efforts to address mental health and the emotional well-being of individuals and at-risk populations, and favors legislation to strengthen such services.

NOW THEREFORE, I, Juan González III, Mayor of the City of San Leandro, do hereby declare the month of May 2026 as **"Mental Health Awareness Month"** in San Leandro, and call upon our community to increase awareness and understanding of mental illnesses, reduce stigma and discrimination toward mental illness, and promote appropriate and accessible services for all people with mental illnesses.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of San Leandro to be affixed this 4th day of May 2026.

Juan González III, Mayor
City of San Leandro